

HAMPTON PARKS, RECREATION & LEISURE SERVICES DEPARTMENT
2022 ADULT BASKETBALL RULES

1. OBJECTIVE

To provide an organized recreational & competitive outlet that emphasizes sportsmanship & fitness and fosters good will among the players, teams, coaches, and officials.

2. LEAGUES

- A. The program is composed of a Men's League.
- B. 14 Teams will be accepted on a first come/first served basis and must submit rosters & fees by the deadline.
- C. We reserve the right to refuse entry of a team into a league.

3. RULES OF PLAY

- A. Rules are taken from the National Federation of State High School Associations Rule Book.
- B. No protests will be allowed according to NFSHSAA Rules except for player eligibility.

4. PLAYER ELIGIBILITY

- A. Players must be at least 18 years old.
- B. There are no residency restrictions. Other than the roster limit of 12 players,
- C. Any person who is a member of a High School Varsity, or College Basketball team during this season is ineligible.
- D. Any question or protests concerning the eligibility of a player should be brought to the attention of the league director, in which case, the coach of the player in question must show satisfactory proof of that player's eligibility to the league director within 24 hours of the coach being informed of the protest.
- E. No protests concerning players already on a roster will be allowed in post-season play. If a player is found ineligible he will be dropped from the team, and all game that player played in will result in forfeits

5. ROSTERS

- A. Rosters must have a minimum of 7 players and a maximum of 12 players; all players are required to sign the roster.
- B. Rosters are frozen on the April 15, 2022 after which no players may be added.
- C. Players are legally on the first team for which they play and will NOT be allowed to transfer from one team to another after having already played.
- D. Before submitting the roster, the coach must sign the bottom signifying he has read and understands the rules & agrees to have the team abide by them & support league objectives.

6. TEAMS & PLAYERS

- A. Teams must field the required minimum 4 eligible & legal players to start the game. But may finish the game with as few as one.
- B. **Only players and authorized coaches** are allowed to sit on the team's bench.
- C. All players shall participate at their own risk!

7. GENERAL CONDUCT

- A. There will be no smoking, beverages, or food allowed in any of the facilities!
- B. Alcoholic beverages are prohibited on city or school buildings and grounds!
- C. DUNKING is allowed, but you cannot hang on the rim. The penalty for hanging on rime is a (2) shot technical and ejection from the game & facility. Repeat violations will result in indefinite suspension from the league.
- D. It is the responsibility of the coach is to to maintain proper team conduct at all times.
- E. Unruly behavior by fans, players, or spectators will not be tolerated.
- F. Profane or abusive language will not be tolerated.
- G. Spectators and fans must sit in the bleachers opposite the team benches.
- H. Gym supervisors have the authority to discharge any person who displays poor conduct.

8. UNSPORTSMANLIKE CONDUCT

- A. ONE flagrant foul or TWO technical fouls of any kind automatically suspend a player from that game as well as the next 3 scheduled games.
- B. Gross non-sportsmanlike conduct and profane or abusive language directed toward officials, players, coaches, or spectators are grounds for immediate ejection from the game and a 3 game suspension.
- C. In addressing an official, players and coaches must do so in a civil manner.

- D. Anyone instigating or engaging in a fight or fighting will be suspended for the remainder of the season and subject to permanent ban from all sports ran by The City of Hampton Parks, Recreation & Leisure Services Department.
- G. Consistent or repeated misconduct by any team will cause that team to be removed from the league with no refund.
9. **RULES OF THE GAME**
- A. Games will be played in two (2) 20-minute halves with a Running Clock with the exception of the last (2) minutes of the second half, it will be regulation. Half time is 3 minutes
Running Clock – the clock stops only for team and official time-outs (not for foul shots or violations). After a time out, the clock will start when the ball is put into play on the court (ball touches player on the court).
- B. A jump ball will begin the game and all overtime periods, but in all other jump ball situations the ball will be awarded out of bounds on an alternating basis.
- C. The final two minutes of the game will be regulation.
- D. Overtime will be regulation and last for (2) minutes.
- E. One and one will be awarded upon the 7th team foul, and two shots will be awarded upon the 10th team foul of each half, with the exception of player control fouls in which case there is change of possession only.
- F. The ball will be awarded out of bounds for all common fouls until the bonus rule goes into effect.
- G. Four time outs are allotted per game with one additional time out added for each overtime.
- H. Substitutes going into the game will kneel by the scorer's table until waved in by an official. After the official's signal, the substitution should be prompt
- I. On free throw shots, a player may enter the key, upon release of the ball by the shooter. (the shooter and players beyond the key must wait until the ball touches the rim).
10. **GAME TIME & GRACE PERIOD**
- A. Games are scheduled at approximately 6:00, 7:00, 8:00, & 9:00 p.m. Monday - Fridays.
Saturday 9:00a.m, 10:00a.m, 11:00 a.m. & 12 noon.
- B. THERE IS NO GRACE PERIOD, Game Time is Forfeit Time
- C. If a game runs long, the next game will start 4 minutes after the prior game's completion with **no grace time outs allowed.**
11. **UNIFORMS**
- A. Teams must have uniform jerseys with 4 inch (minimum) numbers on the front and 6 inch (minimum) numbers on the back.. Numbers can include any combination of the digits 0 through 5 in pairs or the single digits 0, 1, 2, 3, 4, or 5.
- B. Teams not in uniform by their first game will forfeit their game
12. **FORFEITS**
- A. Two forfeits by a team could result in suspension of league play
13. **POSTPONEMENTS & CANCELLATIONS**
- A. Coaches will be notified of postponements or cancellations by 4:00 p.m. of the day of the game.
- B. Make-up games will be scheduled on available dates determined by the Recreation Dept.
- C. Under no circumstances will teams be allowed postponements or rescheduling on an individual basis.
14. **PLAYOFFS & TOURNAMENTS**
- A. Ties for positions will be determined by results of head to head competition between or among the teams that are tied: 1st Priority-Games Won/Lost; 2nd Priority-Points For/Against; 3rd Priority-Coin Toss.
- B. The post-season single elimination tournaments with the top four teams in each league.
- C. End of the season awards will be given to the Champion & Runner up.

